



WHATSheATE



Caramelized Banana Shortcakes



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



575 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons brown sugar packed
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup milk
- ☐ 3 tablespoons butter melted
- ☐ 6 tablespoons butter
- ☐ 0.5 cup brown sugar packed
- ☐ 2.8 lb banana peeled cut into 1/2-inch slices (4 1/2 cups)
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.8 cup topping hot warmed
- ☐ 2.3 cups frangelico

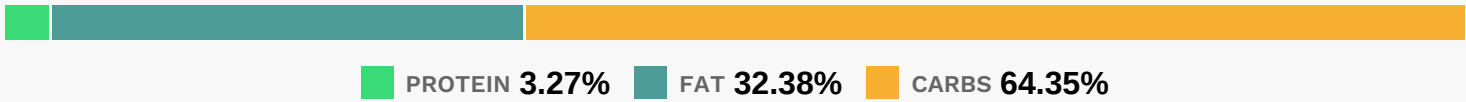
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400°F.
- ☐ In medium bowl, stir Bisquick mix, 3 tablespoons brown sugar and the cinnamon until well blended. Stir in milk and 3 tablespoons melted butter until soft dough forms. Drop by 6 heaping spoonfuls onto ungreased cookie sheet.
- ☐ Bake 10 to 12 minutes or until golden brown.
- ☐ Meanwhile, in 10-inch skillet, melt 6 tablespoons butter over medium heat. Stir in 1/2 cup brown sugar. Cook, stirring constantly, about 2 minutes or until dissolved.
- ☐ Add bananas to pan; coat with caramel mixture. Stir in ground cinnamon; remove from heat.
- ☐ To serve, split warm shortcakes; fill with warm banana filling.
- ☐ Drizzle each with 2 tablespoons hot fudge topping.

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:23.37, Inflammation Score:-7, Nutrition Score:13.516956381176%

Flavonoids

Catechin: 12.68mg, Catechin: 12.68mg, Catechin: 12.68mg, Catechin: 12.68mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 574.92kcal (28.75%), Fat: 21.63g (33.28%), Saturated Fat: 5.63g (35.2%), Carbohydrates: 96.71g (32.24%), Net Carbohydrates: 89.98g (32.72%), Sugar: 63.18g (70.2%), Cholesterol: 2.82mg (0.94%), Sodium: 346.18mg (15.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.84%), Manganese: 0.81mg (40.3%), Vitamin B6: 0.8mg (39.78%), Fiber: 6.73g (26.94%), Potassium: 926.03mg (26.46%), Vitamin C: 18.22mg (22.09%), Magnesium: 79.93mg (19.98%), Vitamin A: 919.4IU (18.39%), Copper: 0.31mg (15.39%), Vitamin B2: 0.22mg (13.08%), Vitamin E: 1.88mg (12.53%), Phosphorus: 109.26mg (10.93%), Folate: 43.58µg (10.9%), Vitamin B5: 0.87mg (8.67%), Calcium: 85.53mg (8.55%), Vitamin B3: 1.54mg (7.69%), Iron: 1.25mg (6.94%), Vitamin B1: 0.09mg (6.06%), Selenium: 3.65µg (5.21%), Zinc: 0.73mg (4.85%), Vitamin B12: 0.15µg (2.56%), Vitamin K: 2.21µg (2.1%), Vitamin D: 0.22µg (1.49%)